





New Research

PISTACHIOS MAY HELP WITH EXERCISE RECOVERY

Emerging research presented at the 2022 Annual Meeting of the American College of Sports Medicine (ACSM) suggests that pistachios can help to reduce muscle soreness and improve muscle strength recovery after strenuous exercise. Researchers looked at the effect of eating pistachios on exercise recovery in elite athletes after running downhill. Favorable results were seen in those who consumed 3 oz of pistachios per day.

Rayo V, et al. Influence of pistachios on sports performance and oxidative stress following exercise-induced muscle damage. *Abstract presentation.* American College of Sports Medicine 2022 Annual Meeting and World Congresses. May 31-June 4, 2022.

[CLICK HERE](#)

For the latest research and more information on the health benefits of pistachios.

POWER UP YOUR SUMMER WORKOUT ROUTINE



Whether you're a regular exercise enthusiast or you simply enjoy outdoor activity in the sunshine, check out the recipes and tips below to fuel your body for peak performance this summer.

DIETITIAN-APPROVED EXERCISE RECOVERY SMOOTHIES



CHOCOLATE CHERRY PIE SMOOTHIE

Makes one smoothie

Ingredients
1/3 cup American pistachios
1 cup Cherries, frozen
2 tsp cacao
1 date, pitted
1/2 tsp vanilla
1 cup Soy milk

Directions
Add all ingredients to a blender and blend until desired consistency. Enjoy!

The perfect post-workout smoothie packed with the ideal blend of protein, carbs and antioxidants for muscle recovery. Change up your smoothie routine with this Chocolate Cherry Pie smoothie filled with cacao, cherries and American pistachios!

SHERENE CHOU, MS, RDN



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BANANA, YOGURT AND PISTACHIOS SMOOTHIE

Makes one smoothie

Ingredients
2/3 cup of Greek yogurt
1/4 cup of American pistachios
1 banana

Directions
Pour the pistachios, keeping some aside, in a blender and blend several times until a kind of flour is obtained. Add the other ingredients and blend again until a creamy consistency is reached. Pour into a glass and sprinkle the remaining pistachios, coarsely chopped with a knife, over the surface.

This smoothie is an ideal snack for muscle recovery after physical activity. It offers a good amount of protein (pistachios and Greek yogurt) and simple carbohydrates (bananas), which favors the repair of muscle fibers and the replenishment of muscle glycogen stores that have been depleted with the practice of physical activity. Both banana and pistachios are also rich in precious salts, such as potassium, which helps restore the water-saline balance that has been altered by sweat-inducing physical activity.

BECCI TWOMBLEY, RD, CSSD



[CLICK HERE TO VIEW THE RECIPE ONLINE](#)

DID YOU KNOW?



Pistachios are a plant-based source of complete protein and provide as much protein per serving as an egg. Protein is essential for the body to build and repair muscle after exercise.

For more information on the link between protein and exercise, including tips from leading NFL sports dietitians [click here](#).

STAY IN TOUCH

Tell your story and receive a pound of pistachios! Share your story on how pistachios have improved yours or someone else's health and if we use your story in *Nutrition Unshelled*, we'll send you a pound of pistachios! Email your story and contact information to info@americanpistachios.org.



American Pistachio Growers,
a non-profit voluntary agricultural trade association representing
700 pistachio farmers in California, Arizona and New Mexico.

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For more information on pistachio research and delicious recipes, visit AmericanPistachios.org